



Used by NHS  
professionals!  
Featured in  
hundreds of  
classrooms!

# SUPPORT YOUR CHILD'S MENTAL HEALTH AS THEY GROW

With the Be Happy Hub!



**ONLY  
£1.99 A  
MONTH**



The Be Happy Hub is an online resource centre, with over 300 printable, science-backed resources to support your child's mental health from birth to adulthood.

- ✓ Educate and develop emotional awareness
- ✓ Teach coping techniques that last a lifetime
- ✓ Calming and fun activities uploaded every week
- ✓ Used by NHS psychologists, parents and teachers.

Sign up now: [www.behappyresources.co.uk](http://www.behappyresources.co.uk)

# CALM, EDUCATE AND INSPIRE

- ✓ Over 300 fun and creative resources
- ✓ Resources based on tried and tested techniques and approved therapist tools
- ✓ Crafts, worksheets, games and more
- ✓ Monthly affirmations and mindfulness exercises based on seasonal themes
- ✓ Request your own resources
- ✓ Cancel any time!



BABY 0-36 MONTHS



AGE 3-5



AGE 5-8



AGE 9-11



TEENS

Coming Soon!



MOTHERHOOD



"My daughter absolutely loves the colouring and activity sheets you do! They have massively helped her with anxiety and we're working through the school pack now!"

View and download psychologist approved free guides to mental health now - no need to sign up!



Visit: [www.behappyresources.co.uk](http://www.behappyresources.co.uk)